



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

REICH, Ingmar

Club: Lauftam wta

Number: 522

Course: 9.75 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 42:17

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 10 (of 166)

Rank in course/Men: 10 (of 94)

Best time in course: 36:01

Rank in category: 3(of 12)

Best time in the category: 37:36

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	3.25	13:27	4:08	4	1:22	13	1:36	3.25	13:27	4:08	4	1:22	13	1:36
Lap 2	3.25	14:30	4:27	3	1:30	10	2:21	6.50	27:57	4:17	3	2:52	10	3:42
Last lap Finish	3.25	14:20	4:24	3	1:49	10	2:34	9.75	42:17	4:20	3	4:41	10	6:16